



SCDCARE to SCDCARE Resource Guide

Resilience Strategies for Caregivers of Children and Young Adults with SCD

Funded by a Novartis Grant

Being Organized

Tips For Becoming An Organized Caregiver

<https://meetcaregivers.com/organized-caregiver-tips/>

Top Strategies for Being an Organized Caregiver

<https://www.multiculturalcaregiving.net/top-strategies-for-being-an-organized-caregiver/>

7 Tips to Keep you Organized as a Caregiver

<https://www.caregiversupportservices.com/7-tips-to-keep-you-organized-as-a-caregiver/>

Caregiving: Getting Organized and Mobilizing Help

<https://www.oncolink.org/support/caregivers/caregiving-getting-organized-and-mobilizing-help>

Family Caregiving: Planning for Care for You or a Loved One

<https://www.ag.ndsu.edu/publications/kids-family/family-caregiving-planning-for-care-for-you-or-a-loved-one-fs1931#section-0>

Strategies for Getting (and Staying) Organized While Caregiving

<https://www.agingcare.com/articles/strategies-for-getting-and-staying-organized-while-caregiving-164830.htm>

5 Ways Caregivers Can Better Manage Their Time

<https://www.caring.com/articles/caregiver-time-management/>

10 Best Time Management Tips for Caregivers from a True Expert

<https://dailycaring.com/10-best-time-management-tips-for-caregivers-from-a-true-expert/>

5 Practical Time Management Tips for the Caregiver

<https://www.transitionslifecare.org/2021/06/30/5-practical-time-management-tips-for-the-caregiver/>

Time Management Strategies Can Ease Caregiver Burden

<https://www.familynursingcare.com/time-management-strategies-can-ease-caregiver-burden/>



5 Powerful Time-Management Tools and Techniques to Help You Excel as a Caregiver
<https://blog.ioaging.org/caregiving/5-time-management-tools-techniques-help-caregiver/>

Having a Support Team

Why Family Caregivers Refuse Help

<https://www.agingcare.com/articles/why-caregivers-refuse-help-169086.htm>

How to ask for help

<https://www.caregivercornermn.com/daily-living/how-to-ask-for-help/>

Why Is It So Difficult to Ask for and/or Accept Help as Caregivers?

<https://www.thecaregiverspace.org/why-is-it-so-difficult-to-ask-for-and-or-accept-help-as-caregivers/>

How to Ask for Help When You're a Family Caregiver

<https://www.cranberryhomecare.com/caregiver-wellness-tips/how-to-ask-for-help-when-youre-a-family-caregiver/>

Caring for a sick child: Sharing the responsibility

<https://www.aboutkidshealth.ca/article?contentid=1139&language=english>

Getting Support When Your Child Has Special Health Care Needs

<https://kidshealth.org/en/parents/parents-support.html>

Faith / Spirituality / Religion

Eight Tips for Keeping Faith While Caring for a Sick Child

<https://www.beliefnet.com/faiths/2009/caring-for-a-sick-child.aspx>

How to rely on God when your child is sick

<https://www.thechaosandtheclutter.com/archives/rely-god-child-sick>

10 Simple Spiritual Activities for Self-Care That You Can Begin Today

<https://spiritualfitclub.com/spiritual-activities-self-care-begin-today/>

10 Ways to Keep Hope Alive in Hard Times

<https://www.virtuesforlife.com/10-ways-to-keep-hope-alive-in-hard-times/>

Why is hope important?

<https://www.extern.org/why-is-hope-important>

Your 10 Acts of Courage

<https://www.caregiving.com/posts/a-family-caregivers-10-acts-of-courage>

Stress Management and Spirituality

<https://stress.lovetoknow.com/stress-management-spirituality#:~:text=Benefits%20of%20Spirituality,on%20so%20tightly%20to%20stress.>

Mental Health

Building your resilience

<https://www.apa.org/topics/resilience>

Caregiver stress: Tips for taking care of yourself

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20044784>

Caregivers

<https://adaa.org/find-help/by-demographics/caregivers>

Caregiver Health

<https://www.caregiver.org/resource/caregiver-health/>

Caregiver Stress and Burnout

<https://www.helpguide.org/articles/stress/caregiver-stress-and-burnout.htm>

Caregiver Burnout

<https://my.clevelandclinic.org/health/diseases/9225-caregiver-burnout>

4 things you can do to alleviate caregiver stress

<https://www.health.harvard.edu/staying-healthy/4-things-you-can-do-to-alleviate-caregiver-stress>

7 Steps to Manage Stress and Build Resilience

<https://orwh.od.nih.gov/in-the-spotlight/all-articles/7-steps-manage-stress-and-build-resilience>

How to Cope With Stress and Become More Resilient

<https://www.verywellmind.com/cope-with-stress-and-become-more-resilient-3144889>

How To Build Mental Resilience

<https://kentuckycounselingcenter.com/how-to-build-mental-resilience/>

Emotional Side of Caregiving

<https://www.caregiver.org/resource/emotional-side-caregiving/>

Caregivers Need to Care for Themselves as well

<https://www.focusonthefamily.com/get-help/caregivers-need-to-care-for-themselves-as-well/>

How to Care for Yourself When You Have Caregiver Burnout

<https://www.healthline.com/health/health-caregiver-burnout>



Practicing Mindfulness to Relieve Caregiver Stress

<https://www.vnsny.org/article/practicing-mindfulness-to-relieve-caregiver-stress/>

Three ways mindfulness can help caregivers

<https://caringacross.org/blog/blog-mindfulness-helps-caregivers/>

Caregivers, Let's Talk About Caring for Yourself

<https://www.mindful.org/caregivers-lets-talk-about-caring-for-yourself/>

How to Lower Caregiver Stress

<https://www.aarp.org/caregiving/life-balance/info-2017/stress-management-bjj.html>

Relaxation for Caregivers Series (English)

<https://www.caregiver.org/resource/caregiver-relaxation-exercises-series-english/>

14 Practical Ways to Relieve Caregiver Stress

<https://dailycaring.com/14-practical-ways-to-relieve-caregiver-stress/>

6 Ways to make it easier for Caregivers to Take A Break

<https://dailycaring.com/6-ways-to-make-it-easier-for-caregivers-to-take-a-break/>

Caregiver Corner - Managing Guilt

<https://caregiver.com/articles/caregiver-corner-guilt/>

Loving Yourself: A Caregiver's Ultimate Challenge

<https://www.agingcare.com/articles/how-to-love-yourself-177715.htm>

How to Handle Criticism While Caregiving

<https://www.agingcare.com/articles/handle-criticism-from-family-140433.htm>

Coping with your child's illness as a parent

<https://www.aboutkidshealth.ca/article?contentid=1138&language=english>

Managing Your Fear When Your Child Is Seriously Ill

<https://copingspace.org/2019/10/29/managing-your-fear-when-your-child-is-seriously-ill/>

Caregiver Self Care: Your Emotional Health

<https://www.brainline.org/article/caregiver-self-care-your-emotional-health>

Why is hope important?

<https://www.extern.org/why-is-hope-important>

Caregivers: Be Realistic, Think Positive



<https://www.heart.org/en/health-topics/caregiver-support/caregivers-be-realistic-think-positive>

8 Ways to Be a More Optimistic Caregiver

<https://www.caregiverstress.com/stress-management/relief-tips/8-ways-to-be-a-more-optimistic-caregiver/>

4 Ways to Transform Fear of Failure into Courageous Caregiving

<https://dailycaring.com/4-ways-to-transform-fear-of-failure-into-courageous-caregiving/>

Managing stress when caregiving

<https://www.focusonthefamily.com/get-help/managing-stress-when-caregiving/>

How to Handle Guilt and Other Caregiving Emotions

<https://www.webmd.com/healthy-aging/caregiver-overcome-guilt>

Choosing joy during difficult times

<https://www.health.harvard.edu/blog/choosing-joy-during-difficult-times-2020121721572>

Sleep

Research Says To Improve Resilience, Improve Your Sleep

<https://www.forbes.com/sites/kevinkruse/2021/07/30/research-says-to-improve-resilience-improve-your-sleep/?sh=599b90db73ea>

Sleep on it: how sleep helps build resilience

<https://www.futurelearn.com/info/courses/professional-resilience/0/steps/36705>

Sleep in the Context of Wellness and Resilience

https://wwwn.cdc.gov/ResearchGateway/Content/pdfs/R2C_FactSheets/en/R2C_Factsheet_102117_Ayappa_Sunderram_en.pdf

Feeling Overwhelmed? How to Build Resilience with a Good Night's Sleep

<https://thesleepdoctor.com/2021/09/17/build-resilience-sleep/>

Sleep: the foundation of resilience

https://www.bighealth.com/sleep_and_resilience/

Sleep Care as Self-Care: Why is Sleep So Important?

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4 Tips for Better Sleep While Caregiving

<https://www.aarp.org/caregiving/life-balance/info-2017/tips-for-better-sleep.html>

Sleep: Practical Tips to Increase Resilience

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How Sleep Helps Build Resilience

<https://www.polar.com/blog/sleep-and-mental-health/>

Not Another Sleepless Night

<https://caregiver.com/articles/sleepless-night/>

How to Get a Full Night of Rest as a Family Caregiver

<https://www.homecareassistednorton.com/healthy-sleep-strategies-for-caregivers/>

Nutrition

Can Eating Healthy Food Make You More Resilient?

<https://rightasrain.uwmedicine.org/body/food/healthy-eating-for-resilience>

Building Resilience Through Food

https://www.aaem.org/UserFiles/file/WellnessCS17_NovDec-WEB-5.pdf

How Food May Improve Your Mood

<https://www.nytimes.com/2021/05/06/well/eat/mental-health-food.html>

Building Caregiver Resilience: Nutritional Strategies for Caregivers

<https://www.griswoldhomecare.com/blog/2014/september/building-caregiver-resilience-nutritional-strate/>

Nutrition: the Foundation of Self-Care for Caregivers

<https://www.weightandwellness.com/resources/articles-and-videos/nutrition-foundation-self-care-caregivers/>

Building Resilience Through Food

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Nutrition for caregivers

<https://www.fchp.org/caregiver-blog/2019/August/nutrition-for-caregivers.aspx>

Exercise

Exercise reorganizes the brain to be more resilient to stress

<https://www.princeton.edu/news/2013/07/03/exercise-reorganizes-brain-be-more-resilient-stress>

Exercise and stress: Get moving to manage stress

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/exercise-and-stress/art-20044469>

Here's How Working Out Can Make You More Resilient to Stress

<https://www.shape.com/fitness/tips/exercise-mental-resilience-stress>

Exercise May Make It Easier to Bounce Back From Stress

<https://www.nytimes.com/2020/09/09/well/move/Exercise-stress-resilience.html>

Exercising to relax

<https://www.health.harvard.edu/staying-healthy/exercising-to-relax>

Exercise as Stress Relief

<https://www.healthline.com/health/heart-disease/exercise-stress-relief>

Physical Activity Reduces Stress

<https://adaa.org/understanding-anxiety/related-illnesses/other-related-conditions/stress/physical-activity-reduces-st>

Working Out to Relieve Stress

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Exercise: A healthy stress reliever

<https://www.apa.org/news/press/releases/stress/2013/exercise>

Exercise for Stress and Anxiety

<https://adaa.org/living-with-anxiety/managing-anxiety/exercise-stress-and-anxiety>

Regular exercise helps family caregivers improve fitness and reduce stress, study finds

<https://www.minnpost.com/second-opinion/2018/10/regular-exercise-helps-family-caregivers-improve-fitness-and-reduce-stress-study-finds/>

7 Tips to Help Caregivers Create Time for Exercise

<https://www.rightathome.net/blog/caregivers-and-exercise>

Exercise reorganizes the brain to be more resilient to stress



<https://www.princeton.edu/news/2013/07/03/exercise-reorganizes-brain-be-more-resilient-stress>

Depression and anxiety: Exercise eases symptoms

<https://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495>

Exercise and mental health

<https://www.betterhealth.vic.gov.au/health/healthyliving/exercise-and-mental-health>

The Mental Health Benefits of Physical Exercise

<https://www.verywellmind.com/physical-exercise-for-panic-disorder-and-anxiety-2584094>

The Mental Health Benefits of Exercise

<https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm>

How to look after your mental health using exercise

<https://www.mentalhealth.org.uk/publications/how-to-using-exercise>

More evidence that exercise can boost mood

<https://www.health.harvard.edu/mind-and-mood/more-evidence-that-exercise-can-boost-mood>

Get Happy: Why Exercise Can Lift Your Mood

<https://health.clevelandclinic.org/get-happy-exercise-can-lift-mood-infographic/>

How Exercise Can Boost Your Mood

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5 Science-Backed Ways Exercise Makes You More Resilient

<https://medium.com/in-fitness-and-in-health/5-science-backed-ways-exercise-makes-you-more-resilient-f465770b4de8>



Self-care

Strategies for Self-Care & Resilience

https://www.fsis.usda.gov/sites/default/files/media_file/2021-02/strategies-self-care-resilience.pdf

Building your resilience with self-care

<https://lifeworks.com/en/resource/building-your-resilience-self-care>

Self-Care Strategies for Resilience

<https://scdmh.net/wp-content/uploads/2020/03/Self-Care-Strategies-for-Resilience.pdf>

Taking Care of Yourself

<https://www.nami.org/Your-Journey/Family-Members-and-Caregivers/Taking-Care-of-Yourself#:~:text=Taking%20care%20of%20yourself%20is,supporting%20someone%20with%20mental%20illness.>

Self-care: 4 ways to nourish body and soul

<https://www.health.harvard.edu/blog/self-care-4-ways-nourish-body-soul-2017111612736>

Self-care for the caregiver

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Taking Care of YOU: Self-Care for Family Caregivers

<https://www.caregiver.org/resource/taking-care-you-self-care-family-caregivers/>

Self Care for Sleep

<https://thesleepcharity.org.uk/self-care-for-sleep/>

Sleep-Care Is the New Self-Care. Here's How to Up Your Game in 2021

<https://www.purewow.com/wellness/sleep-care>

Maintaining Boundaries As A Caregiver: Go From Guilt To Glow

<https://mhanational.org/maintaining-boundaries-caregiver-go-guilt-glow>

Five Tips for Caregivers: How to Make Time for Yourself

<https://safethomecare.com/tips-caregivers-time-for-themselves/>

Twenty Ways to Care for Caregivers

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Self-Care for Caregivers

<https://www.ucsfhealth.org/education/self-care-for-caregivers>



How Much is Too Much?

<https://caregiver.com/articles/how-much/>

Put Procrastination in its Place

<https://caregiver.com/articles/put-procrastination-in-place/>

Keeping Yourself #1

<https://caregiver.com/articles/keeping-yourself-1/>

Recharge

<https://caregiver.com/articles/recharge/>

The Stay Healthy Checklist

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The Importance of Self-Care for Family Caregivers

<https://homecareassistance.com/blog/ultimate-caregiver-guide-self-care>

Fantastic Hobbies for Caregivers that Make Life Better

<https://www.multiculturalcaregiving.net/hobbies-for-caregivers/>

Why Is It So Hard to Relax? How Caregivers Can Learn to Unwind

<https://www.agingcare.com/articles/caregivers-can-learn-to-relax-150644.htm>

Journaling for Caregivers: Rediscover Yourself and Reclaim Your Life

<https://www.agingcare.com/articles/journaling-for-caregivers-148782.htm>

How to “Unplug” from Caregiving

<https://www.agingcare.com/articles/how-to-unplug-from-caregiving-163043.htm>

7 Ways Caregivers Can Make Time for Happiness

<https://www.agingcare.com/articles/ways-caregivers-make-time-for-happiness-155981.htm>

Who Helps the Caregivers?

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The Caregiver Guide to Self-Care

<https://mentalhealthmatch.com/articles/caregiving/caregivers-guide-self-care>

Caregiving: Care for Yourself While Caring for Others

<https://familydoctor.org/caregiving-care-caring-others/>

Resilience: General Resources

10-Point Self-Care Plan for Boosting Resilience as the COVID-19 Pandemic Continues
<https://www.everydayhealth.com/resilience/a-self-care-plan-for-boosting-resilience-this-covid-19-winter/>

Resilience in the Face of Trauma
https://www.mequilibrium.com/resources/resilience-in-the-face-of-trauma/?utm_source=google&utm_medium=cpc&utm_campaign=Resilience&adgroup=Dynamic&utm_term=&utm_content=544080079812&matchtype=&gclid=EAlaIQobChMI04aJtqXh9QIV4v_jBx3wEAAwEAMYASAAEgLmRPD_BwE

How to Find Resilience in a Time of Crisis as a Family Caregiver
https://www.midnightsuncare.com/blog/find-resilience-in-a-time-of-crisis/?doing_wp_cron=1618291552.7031590938568115234375

10 Ways to Boost Your Emotional Resilience, Backed by Research
<https://time.com/4306492/boost-emotional-resilience/>

13 Things You Can Do to Build Emotional Resilience
<https://www.lifehack.org/845528/emotional-resilience>

How Tuning in to Your Body Can Make You More Resilient
https://greatergood.berkeley.edu/article/item/how_tuning_in_to_your_body_can_make_you_more_resilient

Building Family Caregiver Resilience: Social Strategies for Family Caregivers
<https://www.griswoldhomecare.com/blog/2014/december/building-family-caregiver-resilience-social-stra/>

Caregiver Resilience: What It Is and Why It Matters for Family Caregivers
<https://www.griswoldhomecare.com/blog/2014/july/caregiver-resilience-what-it-is-and-why-it-matte/>

Guided Meditation for Caregivers: Health Benefits
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7 Tips to Stay Healthy While Caring for a Loved One
<https://www.kindredhealthcare.com/resources/blog-kindred-spirit/2018/02/19/7-proven-tips-to-stay-healthy-while-caring-for-a-loved-one>



Ramp up your resilience!

<https://www.health.harvard.edu/mind-and-mood/ramp-up-your-resilience>

What Is Resilience? Your Guide to Facing Life's Challenges, Adversities, and Crises

<https://www.everydayhealth.com/wellness/resilience/#:~:text=Resilience%20is%20important%20because%20it, challenges%20and%20work%20through%20problems.>

23 Resilience Building Tools and Exercises (+ Mental Toughness Test)

<https://positivepsychology.com/resilience-activities-exercises/#:~:text=Resilience%20activities%20are%20ways%20we,when%20the%20going%20gets%20tough.>

5 Exercises for Building Emotional Resilience for You and Your Child

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A neuroscientist shares the 6 exercises she does every day to build resilience and mental strength

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Being An Effective Caregiver

<https://www.mhanational.org/being-effective-caregiver>

A family caregiver reminds others: You can't pour from an empty cup

<https://www.aetna.com/health-guide/family-caregiver.html>

Helping Family Caregivers

<https://www.tn.gov/aging/resources/community-resource-guide/helping-family-caregivers.html>

Tennessee's Resource for Respite

<https://tnrespice.org/>

Caregivers

<https://www.bcbs.com/the-health-of-america/topics/caregivers>

National Family Caregiver Support Program (NFCSP)

<https://www.tn.gov/aging/our-programs/caregiving.html>

Caregiver Action Network

<https://www.caregiveraction.org/>

Family Caregiver Alliance

<https://www.caregiver.org/>



Teladoc

<https://www.teladoc.com/>

What It's Like to Be a Mother of a Chronically Ill Child

https://www.huffpost.com/entry/what-its-like-to-be-a-mother-of-a-chronically-ill-child_b_8511894

Parent Toolkit: Building Resilience in Families With Chronically Ill Children

<https://www.childrenscolorado.org/conditions-and-advice/parenting/parenting-articles/building-resilience/>

Caregiver Resilience

<http://partnersonthe path.org/family-caregivers/caregiver-resilience/>

How to Find Strength as a Caregiver

<https://www.webmd.com/mental-health/caregiver-finding-strength>

Caregiver Health and Wellness

<https://familydoctor.org/caregiver-health-and-wellness/>

10 Tips for Family Caregivers

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Family Caregiving

<https://www.helpguide.org/articles/parenting-family/family-caregiving.htm>

Building Caregiver Resilience (YouTube video)

<https://www.youtube.com/watch?v=uWM1PALesDM>